IN THE CLAIMS:

- 1. (Currently Amended) A focus adjustment mechanism for a video or image pickup apparatus comprising:
 - a main frame comprising a front surface;
- a focus adjusting ring rotatably engaged with an annular lens seat, said lens seat protruding forward from a the front surface of said main frame for supporting an image pickup lens, said lens having an optic-axis;

an imaging element mount located inside said main frame so as to oppose to opposite said focus adjusting ring for supporting an imaging element, said imaging element mount being shiftable in an optic-axial along a direction of said image pickup lensoptic-axis in response to rotational motion of said focus adjusting ring;

- a pressing member for pressing said imaging element mount toward said focus adjusting ring;
- a plurality of protrusions providedlocated on an outer
 cylindrical portion of said imaging element mount;
- a rail groove provided_located on an outer cylindrical portion of said focus adjusting ring, said rail groove extending

along a circumference in a circumferential direction of said focus adjusting ring;

a plurality of engaging protrusions provided located on the front surface of said main frame around said lens seat and engaged with said rail groove of said focus adjusting ring; and

cam means provided located on said focus adjusting ring so as to oppose toopposite said imaging element mount and contact with said protrusions provided located on said outer cylindrical portion of said imaging element mount, for increasing a distance between said imaging element mount and said focus adjusting ring against a pressing force of said pressing member when said focus adjusting ring rotates in one direction and for allowing said imaging element mount urged by the pressing force of said pressing member to approach toward—said focus adjusting ring when said focus adjusting ring rotates in an opposite direction;

a plurality of notches located on the outer cylindrical portion of said focus adjusting ring at predetermined intervals along the circumference of the outer cylindrical portion and intersecting said rail groove;

said engaging protrusions for entering said rail groove via said notches and for engagement with said rail groove;

said focus adjusting ring comprising a stopper for abutting the protrusions of said imaging element mount so that rotation of said focus adjusting ring is restricted at a predetermined angular position when said focus adjusting ring rotates in said the opposite direction, and

said engaging protrusions are angularly offset from said notches when said focus adjusting ring is held at said predetermined angular position.

2. (Currently Amended) The focus adjustment mechanism for a video or image pickup apparatus in accordance with claim 1, wherein further comprising a rod member located on said main body, and at least one ligulate member protrudes protruding from the outer cylindrical portion of said imaging element mount, said ligulate member being and is slidable along a the rod member provided on said main body when said imaging element mount slides, and

said pressing member comprises comprising at least one coil spring disposed located around said rod member and at least one pressing plate spring detachably engaged with said main frame and holding said coil spring in a compressed condition so that the wherein said coil spring is for resiliently urging said imaging element mount is resiliently urged by said coil spring toward said focus adjusting ring.

(Cancelled)